

**PE Year 7 Curriculum Roadmap**

End of Term Assessment

Know that stretches and exercises activate the muscles

Know the link between fitness and health

How training effects performance

Outdoor Adventure Activity

Stride pattern

Bowl in a straight line to the kicker

Throw quickly to outwit opposition

Athletics

Determine pace over a long distance

React quickly and accelerate for a quick start

Basic sprinting technique

Aim and kick into space

Kickball

Defending positions

Work as a team to avoid defenders and score a try

Shooting and attacking positions

Tag rugby

Forehand accuracy

Dance

Copy and rehearse simple choreography

Use levels and formations to develop routine

Tennis

Outwitting opponent with forehand technique

Serve both over and under arm